

# How you can help

## Give

We rely on grants, funds and donations to enable us to offer the support and help that we do.



You can make a donation or set up a regular giving through [virginmoneygiving.com](http://virginmoneygiving.com). Cheques can be sent to our office and made payable to Karis Neighbour Scheme.

## Volunteer



All of our activities rely on the time generously given by our brilliant volunteers

If you have as little as an hour or two a week free there may be an opportunity for you. Get in touch to chat about what project or activities you might be interested in.

## Get in touch



0121 455 7524



[admin@karisneighbourscheme.org](mailto:admin@karisneighbourscheme.org)



Main office: c/o Church of the Redeemer,  
Monument Road, Ladywood B16 8UU



We are a small charity working within our local community to offer support, friendship and advocacy to those who need it the most.

C/o Church of the Redeemer, Monument Road, Ladywood. B16 8UU  
[www.karisneighbourscheme.org](http://www.karisneighbourscheme.org) [admin@karisneighbourscheme.org](mailto:admin@karisneighbourscheme.org)

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**KARIS NEIGHBOUR SCHEME**  
Practical help | Advocacy & advice | Befriending | Emotional support

# How we help the community

## Advocacy and Advice



Through the Ladywood Community Advice service we offer advice, help with benefits and general advocacy at a weekly drop in and through appointments with a Welfare Rights Advisor. This includes explaining letters, making calls, form filling and benefit applications or help.

We also partner with other groups to run the Ladywood Job Club.

## Karis Befriends

We offer befriending and neighbourly help for older people. This could include home visits, support at appointments or help to get out and about to social activities.

We aim to help everyone to feel connected, supported and able to flourish later in life.



## Practical help

Caring for people in practical ways. We co-ordinate small groups of volunteers with relevant skills to help with things that need doing in and around people's homes - such as one-off help with gardening, decorating or DIY.



## Children and families

We work with families who are new to the area or who are feeling isolated, lonely or going through a difficult time.



We run a Welcome to Ladywood group, see website for info

We offer help and support at home or to appointments and groups, helping families meet new people and feel settled in the local area.

## Listening and Guidance



A professional, confidential NHS service where people can be truly listened to. We offer a safe space to talk with a Chaplain for

Wellbeing and allow people to feel valued, listened to and able to explore issues important to them.

## And more!

- \* Baby Bank for new mums and families in specific need
- \* Regular art group, run by a volunteer
- \* English classes for local people with very limited English
- \* One-off events, trips and activities
- \* Partnership working and relationship building with local groups, charities and projects.

